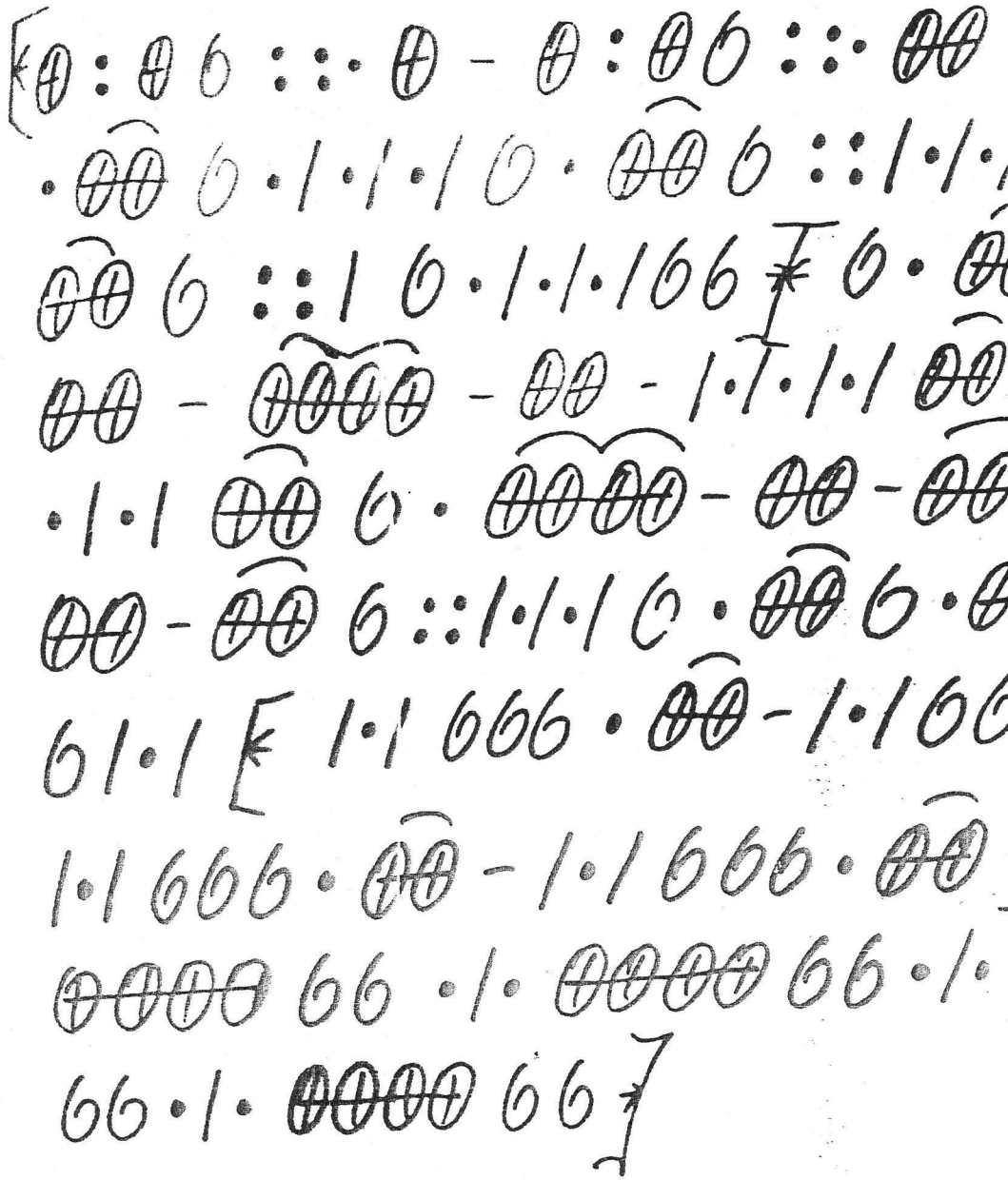LARIDAH-MARSCH